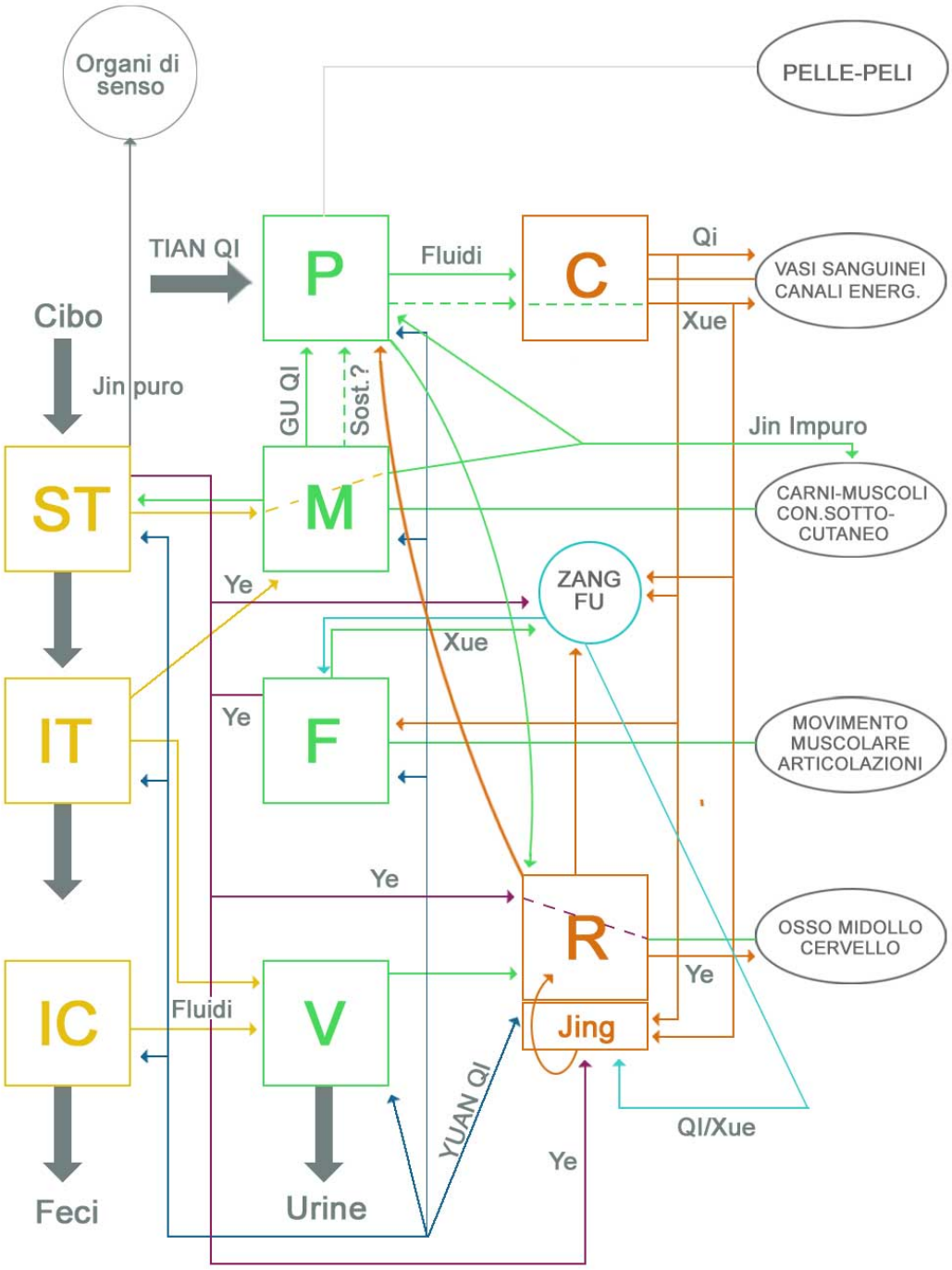Schema circolazione del Qi